

Depressionen und Angststörungen

Die Komorbidität zwischen beiden Erkrankungen ist häufig, die Diagnose und Therapie aber oft unzureichend

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Depressionen und Angststörungen sind sehr häufige, allein oder zusammen auftretende psychische Erkrankungen. Beide Störungen werden leider oft nicht diagnostiziert oder inadäquat behandelt. Der vorliegende Artikel liefert einen historischen Abriss über die Begriffsgeschichte der affektiven Störungen sowie der Angststörungen, zudem werden deren Diagnostik und die Folgen der Komorbidität beschrieben. Die neuesten epidemiologischen Ergebnisse einer europäischen Studie (ESEMeD) werden dargestellt und therapeutische Konsequenzen abgeleitet.

Geschichtliches

Bereits Hippokrates von Kos (460–377 v. Chr.) hat Krankheitsbilder beschrieben, die wir heute den affektiven Störungen zuordnen. In seinem Werk «Corpus Hippocraticum», in dem er die Vier-Säftelehre darlegt, schildert er die Melancholie (Schwarzgalligkeit) als traurige und mutlose Gemütsverfassung. In der ersten Hälfte des 19. Jahrhunderts wurde mit dem Begriff Depression allgemein eine Reduktion der psychischen Aktivität bezeichnet. Emil Kraepelin (1856–1926) prägte den Begriff des «manisch-depressiven Irreseins» und fasste die verschiedenen Formen der Melancholie richtungsweisend unter «depressiven Zuständen» zusammen. Damit beschrieb er eine traurige oder ängstliche Verstimmung mit Hemmung des Denkens und Handelns. Karl Jaspers kennzeichnete 1913 die Depression (von lat. *deprimere* = herunter-, niedrücken) als tiefe Traurigkeit und Hemmung allen seelischen Geschehens (1). Eugen Bleuler definierte 1916 die depressive Trias beziehungsweise die «Drei-Gruppen-Symptome»: depressive Verstimmung, Hemmung des Gedankenganges, der Entscheidungsfähigkeit und des Handelns. Später setzte sich der Begriff der manisch-depressiven Krankheit durch. Der Begriff der affektiven Störungen wurde erst in neuerer Zeit geprägt. Er fand seinen Niederschlag in den aktuellen Diagnosesystemen ICD-10 (International Classification of Diseases der Weltgesundheitsorganisation WHO) und DSM-IV (Diagnostic and Statistical Manual of Mental Disorders). Damit wurde die klassische Unterscheidung zwischen endogenen und neurotischen Depressionen durch die Begriffe «depressive Episode» im ICD-10 beziehungsweise «Ma-

Merksätze (1)

- Neue epidemiologische Studien zeigen, dass Depressionen und Angststörungen oft nicht erkannt und unzureichend behandelt werden. Dies hat negative Auswirkungen auf den Verlauf der Erkrankung mit erhöhtem Risiko für Suchtmittelabhängigkeit, erschwerter Behandelbarkeit und Chronifizierung.
- Wichtig für eine erfolgreiche Therapie ist, Angsterkrankungen früh zu erkennen, den Patienten über sein Leiden gut aufzuklären und für eine fachgerechte Behandlung zu motivieren.
- Eine adäquate Behandlung von Depression und Angst besteht in einer Kombination von Pharmakotherapie und Psychotherapie. Hierbei werden vor allem die SSRI als Behandlung erster Wahl eingesetzt, aber auch die neueren Antidepressiva. Diese Substanzen wirken sowohl auf die Depression als auch auf die Angstsymptomatik. Paroxetin und Sertralin sind bezüglich der registrierten Indikationen zurzeit am breitesten validiert.

jeor Depression» im DSM-IV ersetzt. Die gesamte Gruppe der depressiven Störungen wird seitdem unter dem Kapitel der affektiven Störungen zusammengefasst.

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